



MARCH 2003 NEWSLETTER

SVBC OFFICERS

| | |
|-----------------------------|----------|
| President: | |
| Vice-President: | |
| Secretary: Marshall Hammond | 434-1609 |
| Treasurer: Marcia Lamphier | 432-3312 |

UPCOMING MEETINGS

| | | |
|----------|--------|---|
| March 4 | 8:00pm | SVBF meeting at Dan Finseth's house. Call 438-8063. |
| March 10 | 7:30pm | Monthly meeting at Luigi's. |

JANUARY MEETING MINUTES

The January 2003 meeting of the SVBC included a potluck supper held at Neups's home. This meeting begins the **20th year** of activity for the Club. There were sixteen in attendance. The Treasurer reported a balance of \$8,660.16. A correction to the December minutes that incorrectly listed the time for the January meeting as 7pm was noted. Neups had sent an e-mail listing the correct time as 6pm. Sorry for any confusion this may have caused.

After a wonderfully diverse meal, Neups introduced Harrisonburg Transportation Planner Drew Williams to the members. Drew presented maps depicting the primary and secondary Bike Plan for the city as well as a discussion of a "Bike-Way Network" in cooperation with surrounding localities. There was a lively discussion on the role the Club can play in advocating bike friendly planning and road construction. Drew encouraged the Club to make their feelings known by actively participating in community government activities. As Drew noted numbers do count. Len Van Wyk, Club advocate, noted the lack of Club member participation in advocacy issues. All members are encouraged to support cycling and alternative transportation by speaking up at public hearings and attending government activities.

There is still no response from outside the Club to assist in running the Shenandoah Valley Bike Festival. A planning meeting at the home of Dan Finseth and Betsy Hayes is to be held February 18th at 8pm. Club members are encouraged to attend and bring a representative of any non-profit organization willing to provide Festival workers. The SVBC will contribute the Festival proceeds to this non-profit organization

with the ultimate goal of turning the Festival over to this group in future years.

In an earlier meeting the Club agreed to donate funds to provide bike helmets to young cyclists, if a proper channel could be found to do so. Len suggested the Harrisonburg Police Department be contacted for guidance. It was noted that donations of this kind as well as Club sponsored activities provide the community with a visible link to cycling and cycling issues. There was discussion of how the Club could further educate the community concerning cycling safety.

Neups encouraged all members to send him their mileage for 2002. Wouldn't it be great to be able to list the cumulative miles Club members rode as a means to promote cycling?

Prior to adjournment Marcia Lamphier was recognized as the member who has contributed the most to the SVBC. Marcia is the Club Treasurer, organizes and leads the Wednesday evening rides, is actively involved in every event the Club sponsors, marks the Century and Festival routes every year, and has generally been the person to whom everyone turns. Her 11, 000+ (all on titanium) miles two years in a row stand as testament to her passion for cycling. Marcia was presented with a certificate acknowledging her contributions, a gift certificate to a local bike shop, and a pair of earrings. Thanks, Marcia, for all you do and continue to do for the SVBC.

Reluctantly, the meeting was adjourned, while Neups was left with the clean up. Thanks to Drew Williams and everyone who attended. A special thanks to Neups for opening his home to us.

The next meeting will be February 10th at 7pm in Luigi's backroom.

Respectfully submitted,
Marshall Hammond, Secretary SVBC

FEBRUARY MEETING MINUTES

The February 2003 meeting of the SVBC returned to Luigi's after the potluck supper held at Neups's in January. There were eight members present. The Treasurer reported a balance of \$8,660.16.

Several members have requested Harrisonburg Transportation Planner Drew William's address after meeting with him during the January potluck. His phone number is 540-434-5928, e-mail dreww@harrisonburg.va.us or city web site www.ci.harrisonburg.va.us.

Len Van Wyk reported that there WILL be a Citizen Advisory Committee for the City Comprehensive Plan Update. The Club will post the dates of the Comprehensive Plan meetings in the newsletter or on the web site. Len also noted the resurrection of the Beltway/Corridor Area as a loop road project. Cyclists need to let their representatives to local and state governments know their feelings on these and other transportation issues. If we don't get involved the area will move ahead (or backwards) with non-cycling friendly solutions.

Thomas Jenkins explained the idea of a voluntary 1% "tax" that was used for bicycle advocacy in the community he previously lived in. The 1% would initially be collected by bike shops in the area, be completely voluntary for the consumer and funneled to

501C non-profit organizations that could then get community or other matching funds. Participation by the Club in the form of donations or contributions from such events as the Festival and Century was suggested. More information and developments will be reported in the newsletter.

A reminder to all Club members to send feedback and ideas for off-road trail improvement and building to Thomas Jenkins (TJ@shenandoahbicycle.com) or visit the web page (www.shenandoahbicycle.com) under trail maintenance. The Dry River District is very interested in improving and adding to off-road biking trails, but we need to show the level of support in our community for this project.

For you mountain bike junkies, there is a video of the 2002 Shenandoah Mountain 100 available. This shows a lot of local riders and some of the best mountain biking in the east. Contact Chris Scott at <http://www.mtntouring.com> for more details and to view a clip of the video.

The next meeting will be March 10th, 7pm at Luigi's.

After much food and refreshment the meeting was adjourned.

Marshall Hammond
Secretary SVBC

WELCOME NEW MEMBERS

Deborah Austin Armstrong
Jeff, Pat, Dean, & Elizabeth Landis
Chris Scott

Richmond
Harrisonburg
Harrisonburg

WELCOME BACK RETURNING MEMBERS

Betsy Dunnenberger
Dennis Herr
Brent & Judie McNett
Len Van Wyk
Scott Nair
Zack Perdue
Bill, Jodi, and Forrest Taylor

Mt. Crawford
Harrisonburg
Harrisonburg
Harrisonburg
New Market
Harrisonburg
Bridgewater

Thanks to all the above for your continued support of the Club.

All the area shops contribute to the Club.

Thanks to Mark's Bike Shop, Mole Hill Bikes, Shenandoah Bicycle Company, Blue Ridge Cycle Works, and East Coast Bicycle Academy.

Please support these local shops.

(Also underwritten by R.R. Donnelley Company)

SVBC ACTIVITY COORDINATORS

| | | | | | |
|----------------|-----------------|---|----------------------|-------------|----------|
| <u>Century</u> | Art Fovargue | 433-9247 | <u>Newsletter</u> | Neups | 434-1878 |
| <u>Rides</u> | Bill Taylor | 828-6635 | <u>Bike Festival</u> | Dan Finseth | 438-8063 |
| | <u>Advocacy</u> | Len Van Wyk | 432-0138 | | |
| | Web page | http://svbikeclub.homestead.com/ | | | |

ADVOCACY

Harrisonburg's Comprehensive Plan is being updated. See <http://harrisonburgcommdev.com/compplan2003/> for the latest. The Community Input meetings, all of which start at 7:00pm, are scheduled for:

Monday, March 3 at Waterman Elementary School, and
Thursday, March 6 at Simms School.

Now is your chance to get involved in shaping the plan for the future of the Burg. Take advantage of it.
Len Van Wyk, Advocacy Coordinator

CLASSIFIEDS

FOR SALE: SVBC waterbottles. Large, screw top, SVBC logo. Only \$2 each! Yellow, white, red, or gray. Contact Marcia at 432-3312, or e-mail her at marcialamphier@hotmail.com.

FOR USE: Burley Trailer. The Club now owns a Burley Trailer for loan to members (it is a 2-seater). The first person to borrow the trailer will also store it until the next person wants to loan it. It is currently in the possession of Len Van Wyk (432-0138).

FOR SALE: Saris Roof rack. #902 Load Bars (middle size) and 2 Upright Mounts for bikes. Fits a Toyota Camry or similar car style. The product website is <http://saris-products.com>. Load bars are great and easy to use and you get adapter clips for the car you have that are really quite inexpensive. Call Travis Lehman at 574-0204 (home) or 434-7376 (work).

FOR SALE: All the bicycles listed below are for sale by owner. Contact information: Jeremiah at 540-442-8696 or e-mail erinorth@yahoo.com.

1. Klein Attitude Race, size large, \$800 obo. Very good condition, Klein Team Fade red/yellow/white, Gradient Propriety tubing, hand built in USA, Rock Shox Judy XC fork (4 months old), XT cranks, front and rear derailleurs, Klein Mission Control Stem, Klein pressfit bottom bracket, black Syncros hardcore fork, Flite saddle, SRAM 9.0 brakes, Hutchinson kevlar tires, SPINERGY SPOX wheelset!!!

2. Cannondale R2000 Road bike, \$800 obo. Very good condition, 1999 56 cm yellow, carbon Slice fork, Shimano Ultegra components, Cinnelli Integralter stem and bar (optional), Cane Creek wheelset, Syncros post, Serfas titanium saddle, (Look style) Shimano pedals.

3. Cannondale R800 Cyclocross frame and fork, \$200 obo. 1999 56cm cyclocross frame and fork, champagne gloss, excellent condition, includes Coda V-brakes.

4. K2 Razorback Team Issued Full Suspension, size large, \$1800 obo. 2001 7005T6 series aluminum, Mega Air Noleen Performance suspensions front and rear, SRAM 9.0 front and rear derailleurs, SRAM chain and carbon 9-speed cogset, Thompson Elite post, Serfas Arc titanium/kevlar saddle, truVativ stylo ISIS drive bottom bracket/cranks, Shimano pedals, WTB Momentum C headset, KORE Elite stem, Formula B4 hydraulic disc brakes, Spinergy Xclone disc wheels, Easton riserbar.

FOR SALE: Yakima roof rack. Includes 2 bike trays, 2 front wheel holders, 4 Q Towers, 48" bars and clips for 1993 Saturn. Will fit any small car with right adapter clips. Old style but good condition and works great. \$100 OBO. Also have set of 4 old-style tall Yakima towers, and Yakima fairing. Each \$25 OBO. Also selling AXO Summit ATB shoes, blue/yellow/black size 44 (US 10). Shoes are in very good condition, worn only a few times. Cost over \$100 new but are wrong size. \$25 OBO. Call Drew @ 433-5713 (H) or 568-3245 (W).

FOR SALE: Ski rack, Barrecrafters SR-900. Mounts on roof or hatchback. Locks both skis and rack to vehicle. Holds four pair. Make \$25 donation to SVBC. Call Sue Gier (D) 434-8877x103 or (E) 833-6800 or e-mail suegier@shentel.net.

TIDBITS

It's time for an updated membership listing. Due to the amount of information in this newsletter, this will be in the next newsletter. Remember to let Neups know if you do NOT want your telephone number listed in the next newsletter. You can contact him at 434-1878 or SVBC-NL-editor@att.net.

Thursday, March 6, is Lobby Day on Capitol Hill in conjunction with the National Bike Summit (March 5-7). The Virginia Bicycle Federation (VBF) is working with the League of American Bicyclists, the America Bikes campaign, and Bike Walk Virginia to coordinate lobby visits to all House members and Senators representing Virginia. It would great to have SVBC members join them for some of those visits. If necessary, they'll try to arrange for a free home stay in northern Virginia for the Bike Summit. TEA-21, the federal transportation bill, is up for reauthorization in 2003, and we need to defend, improve, and expand its pro-bike provisions. The reauthorization is also a rare opportunity to fund local bike and trail projects as Congressional earmarks. You can contact Neups if you want more information on this event or VBF itself.

Transportation enhancements guide now available. According to Bethaney Bacher of the National Transportation Enhancements Clearinghouse (NTEC), the Clearinghouse "recently released 'Enhancing America's Communities: A Guide to Transportation Enhancements.' This 32-page-full-color guidebook features information on federal and state TE requirements, how to develop a project application, as well as 21 new case studies of TE projects that have successfully contributed to community revitalization. "Projects include the Mineral Belt Trail in Leadville, Colorado; the Mispillion River Greenway in Milford, Delaware; the Bicycle Education Enhancement Program in Philadelphia, Pennsylvania; and the Greenway Trail from Maryville to Alcoa, Tennessee." To order your free copy, e-mail <ntec@transact.org> or call (888) 388-6832.

Helmets R Us provides helmets at cost. CindyLu Webber of Helmets R Us writes, "Please consider adding our company to your resource list and website. We're a non-profit company out of the State of Washington. We provide bike helmets, multisport helmets, ski helmets, etc. to non-profit groups all over the USA and Canada at cost. Our helmets start at \$3.95 and are an excellent resource for people trying to help in this endeavor." CindyLu Webber, Sales Manager, Helmets R Us, 2705 Pacific Ave, Tacoma, WA 98023; phone: 253-627-2121; fax: (253) 572-4225; email: cindyly-helmetsrus@nventure.com, and website: <http://www.helmetsrus.net>

Diamondback Bicycle Recall. Almost 3,000 Diamondback bicycles are being recalled by Raleigh America Inc. and Sun Rise Bicycle Industrial Co. Ltd. The recall involves the 2002 Diamondback X-10 and X-20 full-suspension, Y-frame mountain bikes. They are either silver and black or black and blue. "Diamondback" and "X10" or "X20" are written on the down and bottom tubes. The bikes are being recalled because the frames can break, potentially causing a rider to lose control and crash. Authorized Diamondback dealers sold the bicycles nationwide from September 2001 through October 2002 for approximately \$550 for the X-10 and \$770 for the X-20. If you have one of these bikes, stop using it immediately and return it to an authorized Diamondback dealer to receive a free replacement frame. For more information or for the location of the nearest authorized Diamondback dealer, call Raleigh America at (888) 805-6396.

If you're an on-line shopper, don't forget about iGive.com. By going through this portal you can stipulate that a portion of the cost of your purchases - through Amazon, Eddie Bauer, Sharper Image, and nearly 400 other retailers - is donated to Adventure Cycling. Read all about it by visiting this website: <http://www.igive.com>.

From Roadrider.com---Gals, here's some good news for you (and for guys who'd like to encourage their sweetie to ride). Researchers at the German Cancer Research Center have found that cycling appears to reduce a woman's risk for breast cancer -- by one-third!

The study in the American Journal of Epidemiology reports that as few as three hours of "moderately intensive" riding per week can do the trick. And the more cycling, the greater the benefit.

Other studies have shown that exercise can reduce cancer risk, but this is the first one to pinpoint cycling. It was conducted on German subjects -- about 880 healthy women and 400 pre-menopausal women under the age of 45 who'd already had breast cancer.

Of course, bike riding is a more common form of recreation and transportation in Germany than it is in North America and some other places. German women tend to have ridden quite a lot during their lifetimes.

For everyone else, it's never too late to saddle up several times a week. Now there's another healthful reason to do it.

(Adapted from an article in Bicycle Retailer and Industry News.)

GETTING IN SHAPE FOR THE SEASON

from Performance Bicycle and Dr. Ed Burke

1. If the weather is bad, ride your mountain bike on the road. You'll save your road bike from rust and build power pushing the heavier bike and fat tires.
2. At the start of a long training ride, go into the wind. This way, you can ride faster coming home even if you are tired, and you will not be chilled by the cool air and wind.
3. One early season long rides for endurance, throw in a couple of 15 to 20 sprints every 45 minutes or so. You'll relieve saddle pressure, add variety, and develop speed.
4. Don't be afraid occasionally to push a big gear on downhills with the wind at your back. This will help develop strength and speed.
5. During the earlier season always keep your heart rate above 60 to 65 percent level during your workouts to always improve your fitness.
6. Don't forget to incorporate sound nutrition into your rides. Drink a sports drink such as ACCELERADE during a ride to keep your muscles properly fueled and a recovery drink such as Endurox R4 to replenish muscle glycogen stores for your next ride.

SCHEDULE OF EVENTS

Helmets are required on all **Club rides**.

Saturdays 11am. Road Training Rides. Jeremiah Bishop has started a (currently) two-hour ride from Mr. J's North. There's a set course each week, with the idea being as the season progresses, you can gauge your time, which should hopefully be faster each time. Get in on the action now, as the time will get earlier as the days get warmer.

SATURDAYS **12 noon. Winter Training Rides. This winter we will bring back a regular series of rides for those of you who will not let a little bad weather interrupt your cycling enjoyment. We will meet on a weekly basis for rides of one to two hours in length--weather dictates the distance. Ride leaders will include Marcia, Bill, and Marshall. First ride will be on January 8th and the series will be continued through March. Major snowfall means cancellation of the ride and cross-country skiing instead. Call Marcia (432-3312), Bill (828-6635), or Marshall (434-1609) for location and other details. Shake off that winter feeling of blah & join us!**

SUNDAYS **Sunday winter rides leave from Bridgewater College at 1pm in January and February. Spend a couple of hours riding backwoods with good company. This is a great way to keep in shape for spring. Road or mountain bike depending on the weather and temperature. If it is raining we stay by the fire and drink hot beverages. If it snows we go to the mountains and ski. Contact Rich Harris (828-2380) or Marcia Lamphier (432-3312) on Saturday for details for that week's ride. If you would like to be added to the Sunday ride e-mail distribution list send your e-mail address to harrisra@jmu.edu.**

April 4-6 Adventure Cycling Association's Leadership Training Course, Richmond. Thinking about leading bike tours? Our expert course instructors and experienced leaders at our Leadership Training Courses teach you how to manage tour group dynamics and participant motivation, facilitate conflict resolution, practice safe group touring techniques, plan overnights and budgets, and a host of things you never thought you'd need to know. Over 25 years of tour leadership training help us convey the most important elements about the philosophies of leading self-contained bicycle tours. We have learned the hard way... so you don't have to.

These three-day courses are designed for folks that want to organize and lead club rides, or to work in a professional capacity for commercial tour operators. They are also valuable to individuals planning trips for church or school groups, tours for families or friends, or helping on charitable events. The courses are the training and first step in the selection process for Adventure Cycling expedition leaders and event tour staff.

"We design the content of the course to cover a lot of ground," says Brian Martindale, Adventure Cycling Tours Department Director. "The lectures, demonstrations, and role playing sessions are designed to teach tour leadership techniques that can be applied to many group situations. I found the course to be a tremendous eye-opening experience when I first participated eight years ago".

Instructors and advisors for the courses are Adventure Cycling's most accomplished leaders, who have learned the ins and outs of tour leadership, and are ready to address any issue you might raise. These courses fill extremely fast.

Cost: \$400 Includes 2 nights of lodging, three days of food, instruction, course materials, T-shirt, and safety triangle.

More information is available at <http://www.adventurecycling.org/tours/leadership.cfm>. Also see "A Family on the Road – Inside Adventure Cycling's Leadership Training Course" by John Schubert on the Adventure Cycling Association homepage. <http://www.adventurecycling.org>.

April 6-8 5th Annual Bike Walk Virginia conference, Portsmouth. Call 757-673-3000 for hotel information. E-mail dellis@bikewalkvirginia.org for more information or download registration information at www.bikewalkvirginia.org.

April 13 Harris-Roubaix. In celebration of Paris-Roubaix and gravel road riding, the Shenandoah Bicycle Company is holding this annual event. It will start at Court Square at 12 noon and cover gravel roads. Call the Shenandoah Bicycle Company for more information.

May 17 7th Annual Tour de Chesapeake. Visit www.bikevirginia.org for more information.

May 19 – August 8 Bicycling Ministry Across America. Seattle, WA to Yorktown Beach, VA. Call 434-525-9552, visit them at www.wheelpower.org, or e-mail them at info@wheelpower.org for more information.

May 25 Mountains of Misery Challenge Century. Christiansburg. Over 10,000 feet of climbing. Follows portions of the Tour duPont race. Call 540-951-3271, visit www.mountainsofmisery.com, or e-mail cmcc@cmccc.org for more information.

May 31 – June 1 River Ramble. Yardley, Bucks County to Easton, PA. 105 miles. Sponsored by Pedal Pennsylvania. Call 215-513-9577, e-mail them at info@pedal-pa.com, or visit them at www.pedal-pa.com for more information.

June 14 HMR Wellness Center Criterium. More information to follow. Visit www.vacycling.org now.

June 20-25 16th Annual Bike Virginia, Tour de Virginias. Winchester. Visit www.bikevirginia.org for more information.

June 28-29 24 Hours of Snowshoe. Course information an entry forms at www.grannygear.com. You can also call 304-259-5533.

July 12-19 Penn Central. Slippery Rock University to Easton, PA. 450 miles. Sponsored by Pedal Pennsylvania. Call 215-513-9577, e-mail them at info@pedal-pa.com, or visit them at www.pedal-pa.com for more information.

July 19-25 The 15th Annual Cycle across Maryland. This year's start is in St. Mary's City. E-mail them at CAM@onelesscar.org, info@cyclexmd.org, or visit them at www.onelesscar.org for more information.

July 20-26 The Bon Ton Roulet. Finger Lakes region of New York. 309 miles. Call 607-756-2893 or visit them at www.bontonroulet.com for more information.

July 20-26 9th Annual Bicycle Tour of Colorado. The Colorado Springs Loop. Visit them at www.BicycleTourColo.com.

August 9-15 Adirondack & Lake Champlain Region. Burlington, VT loop. 375 miles. Sponsored by Pedal Pennsylvania. Call 215-513-9577, e-mail them at info@pedal-pa.com, or visit them at www.pedal-pa.com for more information.

Sept. 27 – October 5 Bicycling Ministry Across New England. Augusta, ME to Hartford, CT. Call 434-525-9552, visit them at www.wheelpower.org, or e-mail them at info@wheelpower.org for more information.

October 4-11 5th Annual Cycle North Carolina. Mountains to the Coast. Call 919-361-1133 or visit www.cyclenorthcarolina.org for more information.

October 17-19 13th Annual Shenandoah Fall Festival. Visit www.bikevirginia.org for more information.

2002 MILEAGES



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|-----------------|--------|--------------|-------|
| Marcia Lamphier | 11,090 | Neups | 8,439 |
| Chardin Detrich | 6,862 | Doug Lane | 3,351 |
| Mark Eckroth | 3,257 | Zack Perdue | 3,197 |
| Scott Ripley | 1,630 | Diane Livick | 825 |

If you have your 2002 total, call, e-mail, or fax Neups to have it listed.

DUES

Remember to pay your dues when the date on your mailing label is either highlighted or marked through. The newsletter deadline is the third Monday of each month, so have your check in before then.

MEMBERSHIPS EXPIRING MARCH/April

| | | |
|---------------------------|--------------------------|----------------------------|
| JOHN BEETON | ROBERT BROOKSHIRE | ART FOVARGUE FAMILY |
| SUE & KEN HITE | SHANNON JENKINS | GREGORY PETER |
| JAMES SHUKE | | |
| Dary Erwin | Steve Koenig | Mark Lenker |
| Don Roderick | | |

REMEMBER that the Newsletter is available for delivery via e-mail, fax, or regular mail. The same can be said for articles submitted for the Newsletter. The deadline for articles is the second to last Monday of the month. Just e-mail to Neups at SVBC-NL-editor@att.net or fax articles to 564-9505. You may use the Club's P.O. Box 1014 for regular mail. Thanks.

